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County Fair summary and photos on back page. Complete results and more photos are online at lancaster.unl.edu

Establishing and Maintaining LAWNS IN LOW LIGHT

Don Janssen
UNL Extension Educator

Trees and shade create a pleasing environment in the landscape. However, it is difficult to grow grass under trees because the quantity and quality of the light changes in the shade. In full sun, light is in the “near red” range of wavelengths; in the shade it shifts to the “far red,” which is less effective in photosynthesis. Dense canopies, particularly those of conifers, filter out the blue component of sunlight, which is critical for plant growth. The result of these changes is a reduction in photosynthesis and its products, including carbohydrates needed for plant growth.

Leaves, leaf cuticles and stems of plants are thinner in shade. Rhizome and stolon numbers decrease. Plant tissues are succulent and there is an increase in susceptibility to environmental stresses and disease. Transpired moisture from trees and grass and moisture from dew forming under trees, take longer to dissipate, and the additional moisture may contribute to an increase in disease.

Shady conditions in combination with other plant stresses contribute to the difficulty of growing grasses under trees. For example, tree roots compete with turf for water and nutrients and this competition can further weaken turf growing in shade. Allelopathic effects, such as the inhibitory effect of silver maple upon Kentucky bluegrass, are important between certain species of plants. Excessive organic matter from leaf litter will also inhibit grass. One or more of these factors make it particularly difficult to grow grass under maple and unpruned pin oak. On the other hand, grass is easier to grow under locust trees.

Success with growing grass in shade can be increased if the tree canopy is thinned and branches from the lower third of the tree are selectively removed. **Prune trees with dense canopies, such as maples**, to allow additional light to pass through to the turfgrass. Prune lower branches to a height of six feet and all the way back to the trunk or a main leader so the area under the canopy is clear. Also, trees can sometimes be removed without

Shady conditions in combination with other plant stresses contribute to the difficulty of growing grasses under trees.



disrupting the harmony and function of the landscape. Thinning shrubs in the landscape will improve air circulation and lower humidity.

Select and use grasses that have improved shade tolerance.

Most of the fine fescues have very good shade tolerance. The hard, sheep and Chewings fescues are usually preferred over the other fine fescues when using a monoculture in shady locations. Turf-type tall fescues have good shade tolerance, while Kentucky bluegrass is the least shade tolerant of the cool-season grasses. Zoysiagrass and buffalograss should not be used in shady locations. In areas where shade-tolerant grasses fail, consider shade-tolerant groundcovers or mulched beds instead of grass.

Avoid excessive nitrogen fertilization, which promotes shoot

growth at the expense of roots, lowers carbohydrates and promotes soft, succulent tissue that is more susceptible to disease. Shade-tolerant grasses such as the fine fescues should receive no more than 2 pounds of nitrogen per 1,000 square feet per year. Apply fertilizer in shady areas in the fall just as leaves begin to drop. Rake and remove leaves before they accumulate on turf. If fall fertilization was missed, fertilize in late winter or early spring, about a month before trees begin to leaf. Mow turf at 2-1/2 to 3 inches to allow maximum interception of reduced light by the thin turfgrass. Avoid scalping turf. Decline of turf in shade often begins after a single episode of scalping.

Irrigate only enough to avoid droughty soil conditions in shady locations during summer months. When moisture is needed, water infrequently and deeply. Avoid frequent irrigation that will lead to increased humidity and disease. Irrigate in the early morning to allow maximum time for drying. Do not water in the evening; turf may remain wet and ambient humidity may remain high throughout the night, thus increasing the chance of disease. Above all, do not overwater turf in shade. Dry conditions are always preferable to wet conditions for fescues growing in shade.

Limit traffic. Core aerify compacted areas that receive heavy traffic.

Avoid using herbicides in shady areas if weed problems do not exist. Many weeds, especially crabgrass, will not grow in shade.

Some allelopathic trees, the chemicals they produce and the plants they affect.

ALLELOPATHIC SPECIES	TYPE OF CHEMICAL	AFFECTED SPECIES
Sugar Maple	Phenolics	Yellow Birch, White Spruce
Hackberry	Coumarins	Herbs, grasses
Black Walnut	Juglone (Quinone)	Pines (Austrian, Scots, red, white), Apple, Birch, Black Alder, Hackberry, Basswood, Azalea, et al.
Juniper	Phenolics	Grasses
Sycamore (Planetree)	Coumarins	Yellow Birch, herbs, grasses
Black Cherry	Cyanogenic glycosides	Red Maple, Red Pine
Oaks	Coumarins	Herbs, grasses

UNL Water Web Site

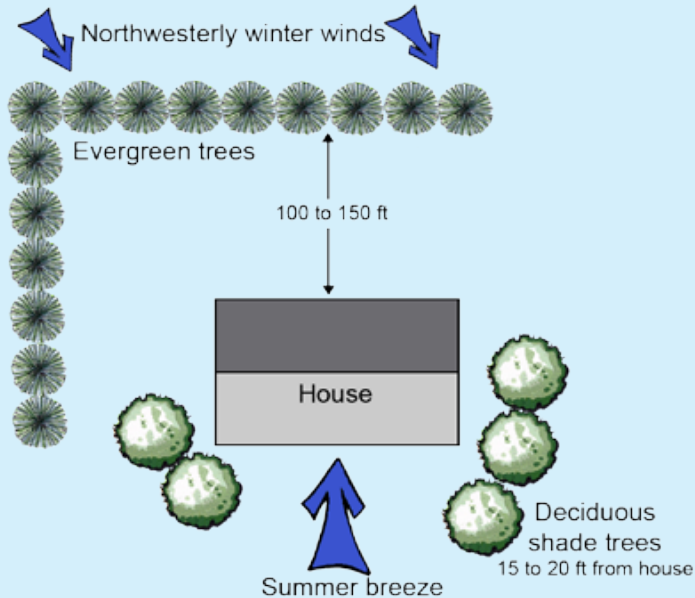


The University of Nebraska–Lincoln long has been known for its expertise on all things related to water. Now, we’re gathering much of that knowledge at one, easy-to-remember Web site—<http://water.unl.edu>

UNL research and extension experts from many water-related disciplines are working together to develop the Web site. You’ll find all kinds of information you can use in your daily life, whether you’re an ag producer, homeowner, or in some profession that requires the latest water-related expertise; whether you live in the city, in a small town or in the country.

UNL experts created and provided content for the site in such areas as soil science, horticulture, landscaping, lake and pond management, irrigation, drinking water, wastewater treatment, crop production, watershed protection, storm water runoff, well management, and livestock manure management. Additional areas are being developed, including climatology, fish and wildlife, remote sensing and GIS, toxicology, economics and water law and policy.

Landscaping for Energy



When landscaping for energy efficiency, choose evergreens for the north and northwest sides of the house where they will block winter winds without limiting winter sun. Block early morning and late afternoon summer sun by planting deciduous trees to the east and west of the house, including the southeast and southwest corners. Don’t plant shade trees to the direct south of the house; the summer sun is so high in the sky it will shine onto the house overall but the tallest trees would block cooling, southernly breezes.

Planting B&B Plants

Many balled and burlapped (B&B) trees and shrubs are now sold wrapped in synthetic burlap that will not rot in the ground, resulting in a rootbound plant that doesn’t grow well if the burlap is left in place. Some of this material strongly resembles cotton burlap; if in doubt about the burlap’s makeup, cut it away from the root ball once the plant is in place.



Balled and burlapped tree

Howard F. Schwartz, Colorado State University, Bugwood.org

Planting Peonies

Plant roots of both garden and tree peonies in September or early October so they will have time to become established in the soil before winter. Dig a hole 18 inches across and 18 inches deep for each tuber. Space the holes so the plants will be at least 3 feet apart. Make sure the roots are buried only 1 to 2 inches below ground level. Deeper planting keeps the plants from blooming.

Fending Off Asian Lady Beetles

Susan Mahr
University of Wisconsin–Madison

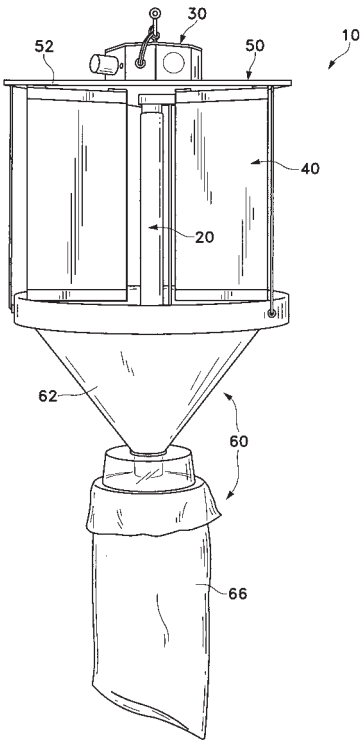
The multicolored Asian lady beetle is a nuisance (or worse) when they move into people’s homes or businesses in the fall and winter. The beetles often congregate on the sunnier or warmer sides of buildings in the afternoon or prominent, exposed, light-colored buildings, looking for suitable overwintering sites (in the walls or interior of the building itself). While they use visual cues to find a place initially, once at the chosen site, they then resort to chemical cues to locate the exact crevice they want to inhabit within the structure. The source of these chemical cues may be beetle feces from the previous winter, the odor of beetles that died at the site, or an attractant pheromone.

USDA Agricultural Research Service (ARS) scientists have found both camphor and menthol are irritants to the beetle’s chemosensory organs. These organs—like little taste buds—are so sensitive the vapors from the two compounds are enough to repel the lady beetles. Multicolored Asian lady beetles could potentially be controlled using a “push-pull” strategy. They could be “pushed” from their overwintering sites by the camphor repellent and “pulled” into traps—using chemicals that mimic the natural cues they use to identify sites—without harming them.



Multicolored Asian lady beetles

Until a good “push-pull” strategy is developed, overwhelmed homeowners could try an indoor blacklight trap to capture flying beetles entering their home. The trap was invented by an ARS scientist in Georgia as a way to help collect this beneficial insect without harming the beetles. In previous ARS tests, the trap captured nearly 100% of the beetles. You can download instructions and a schematic for building a trap—in pdf format—from the USDA-ARS Web site. The Web address is www.ars.usda.gov/is/pr/2000/001030_trap.pdf. ARS is making the instructions on building the trap accessible on the Web with hope companies will build this much-needed trap. No patents, licenses or other restrictions apply to using this technology. Companies making the trap are asked, however, to contact ARS to be added to a “trap builders list” that will be available as a resource for the general public.



Indoor blacklight trap invented by the USDA Agricultural Research Service. Instructions for building the trap is on the USDA-ARS Web site.

Well Abandonments

At one time, the term “abandoned wells” was used to refer to wells not being used and in a state of disrepair. Today these wells are called “illegal wells.” Illegal wells represent one of the greatest threats to groundwater and are a serious liability.

Groundwater normally is provided with some protection by a natural filter of soil, sand and gravel. Illegal wells are holes in the filter can allow contaminants to flow directly into our groundwater supply. After contaminants enter the groundwater supply they can move with the natural ground-

water flow and may show up in public or private wells used to provide drinking water.

In addition, illegal wells are a safety hazard to humans and animals. A child can easily fall into a large diameter illegal well. To reduce or eliminate these risks, Nebraska regulations require all illegal wells be decommissioned. All illegal water wells must be decommissioned following requirements of the Nebraska Health and Human Services System and must be carried out or supervised by an individual with a valid Nebraska Water Well Standards and Contractors’

license. The decommissioning process will include removal of well equipment, disinfection, filling and sealing, capping and reporting. The price for decommissioning a well will depend on several factors including accessibility, construction technique and materials, depth and condition. Financial resources to help defray the cost of well decommissioning may be available from the Natural Resources District (NRD) serving your area.

Scrap Tire Collection
Sept. 27 & 28
9 a.m.–9 p.m.

South parking lot, Shoemakers Truckstop
NW 48 & West O Streets, Lincoln, NE

Will accept tires of all shapes and sizes
with no limit, free of charge!

We cannot accept tires from dealers, outside the state or with rims.
For more information, call 476-3590
Sponsored by: Sanitary Improvement District (SID) #6, Emerald, NE



The Mothball Mishap and Other Thoughtless Ways to Misuse Pesticides

Barb Ogg
UNL Extension Educator

Reading and following pesticide label directions seems to be a reasonable thing. After all, the label tells how to use the product most effectively and safely. But, some people hear about ways to use products differently than what they are intended. Sometimes these misuses can pose real hazards to human health and the environment.

Misusing Mothballs

Shirley and Jack have a wildlife problem. They have mice in their garage, kitchen and basement. Their neighbor told them he heard that mothballs will drive mice away. Jack bought three containers of mothballs and spread them in the garage and basement. In the kitchen, he dropped moth balls under the kitchen sink and behind the refrigerator and stove, where he had seen mouse droppings.

The next day, their 10-year old daughter, Amanda, was coughing and wheezing. Her asthma was acting up. Shirley wondered if Amanda's breathing problems were related to the mothballs. She looked at the label on the moth ball container and found mothballs should only be used in airtight containers, such as chests, trunks and garment bags. The label also gave the National Pesticide Information Center (NPIC) number

(1-800-858-7378) for emergency medical treatment information. She called the NPIC. The NPIC specialist told her mothballs are pesticides that come in a solid form, but, over time, volatilize—change slowly into a gas. Inhalation of mothballs can result in headache, nausea, vomiting and disorientation. She also learned people like her daughter Amanda, who have previous impaired respiratory function, may be more susceptible to the adverse effects of mothballs.

What a nightmare! The next step was to remove the mothballs. The mothball label directs users to avoid skin contact so Shirley and Jack wore gloves when removing them. After all the mothballs were collected, they opened doors and windows to ventilate the house. In the kitchen, they turned on the hood fan to increase air circulation and blow kitchen air outdoors.

Misunderstanding Boric Acid

Marla hates the ants, spiders and boxelder bugs that invade her home. A friend tells her boric acid is a safe way to kill insects so she thinks it would be smart to put a barrier of boric acid around the outside of her home to prevent bugs from coming inside.

At the hardware store, she finds boric acid costs about \$5 for a 12 oz. container, but knows she will need to buy a lot of boric acid to treat the whole perimeter. She decided to call

the extension office to find out where to buy boric acid in bulk.

From her local extension educator, Marla learns boric acid probably isn't going to be effective as an outdoor barrier treatment and will likely be a waste of time and money. The boric acid label says it can be applied indoors, behind appliances, in cupboard corners and in cracks and crevices. Powder visible after the application must be brushed into cracks and crevices and removed. The product label does not mention outdoor use.

How boric acid works. When cockroaches walk through a dusting of boric acid, it attaches to spines on their legs and body. Cockroaches ingest boric acid as they groom themselves. It is primarily a slow-acting stomach poison. Boric acid is not very effective against spiders or insects, like boxelder bugs, which do not groom themselves.

An outdoor barrier of boric acid would not be effective against spiders and boxelder bugs, which are two pests Marla wants to control. In addition, humidity and rain would quickly reduce the effectiveness of boric acid outdoors. Marla was encouraged to not use boric acid outdoors. She was told that sealing cracks and crevices to prevent insects from coming indoors would be time well spent.

Exploding Foggers

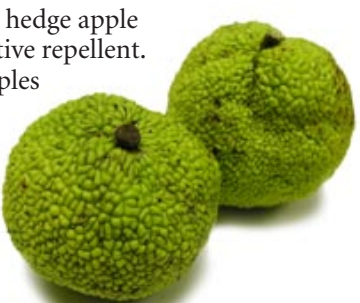
A family had a bad German cockroach infestation in their

The Truth about Hedge Apples

Hedge apples are the fruit of the Osage orange tree. The belief about the use of hedge apples as an insect repellent is widespread and persistent. It is claimed placing hedge apples around the foundation or inside the basement will repel or control insects.

The truth: Iowa State University toxicologists have chemically extracted compounds from hedge apples. When concentrated, these compounds have a repellent effect. But, these researchers found the normal concentration of these compounds in the hedge apple itself was too low to be an effective repellent. We don't recommend hedge apples as an insect repellent.

One homeowner reported she found the source of an Indian meal moth infestation in a bag of hedge apples she had in her basement to keep spiders away.



small two-bedroom house. They decided to use foggers to control their cockroach infestation because they are easy to buy and use. They bought 19 foggers from the hardware store and set them off all at the same time. Fortunately they left the house, because the water heater pilot light ignited the vapors and the resulting explosion blew the house off its foundation.

This explosion could have been prevented if only they would have read and followed the label directions. On the product label, it clearly says "PUT OUT ALL FLAMES AND PILOT LIGHTS." The labels also say to use one fogger unit to treat 6,000 cubic feet of space—equivalent to a 25' by

30' room. Nineteen foggers was many more than should have been used in a small home.

Take Home Messages

These are true stories and actual examples of what can happen when pesticides are used inappropriately and thoughtlessly. Reading, understanding and following label directions helps determine where the product can be used, what pests will be controlled and how to use it correctly and safely. If the use you have in mind isn't given on the label, rethink the problem, make a phone call to the extension office and try a different approach.

Kids Are Back in School and So Are Head Lice

Soni Cochran
UNL Extension Associate

You thought you had everything figured out: soccer schedules, music lessons, school supplies, lunches, new shoes and socks. But, did you plan for head lice?

School is back in session and this is a great time to look at the steps you can take to help reduce the chances of a head lice infestation.

1. Inspection: Check your child's scalp at least once a week for evidence of head lice. By the time a child starts scratching, she may have had lice for 30 days. Some children with head lice never scratch.

Look closely at the nape of the neck and behind the ears. You may not see any adult lice, but you may find the eggs or "nits." Lice lay their eggs close to the scalp. The eggs are attached to individual hair shafts.

If your child's school sends a note home reporting head lice in your child's classroom or play group, check your child's scalp more often.

2. Combs and Brushes: Everyone in the



Inspect your child's scalp for evidence of head lice.

house should have their own hair care items. This includes combs, brushes and hair accessories. Store the items in separate bins or containers. Make it a routine practice to clean hair items.

3. Hair Styles: If your child has long hair, pull it back into a ponytail, braid or put the hair up when your child is at school or participating in activities. Short hair cuts are easier to manage if you happen to get a lice infestation, than longer styles.

4. Sharing: Teach your child not to share hats, hair accessories or combs with their friends at school or playmates in the neighborhood.

5. School: Work with the teachers, health specialists and administrators in your school. If you find head lice on your

child, report it immediately. The school can check the other children in the class and send a note home to parents asking for their help monitoring for head lice. By working with your school, you can help prevent reinfestations.

Head lice are found in children of all socioeconomic classes. They are very contagious and spread easily. If you find head lice on your child, there is no need to panic. Head lice do not carry serious disease. Taking appropriate action quickly is the best way to prevent the infestation of other family members. Parents should also remain calm because you'll need the cooperation of your child to successfully treat the lice.

Resources to help you safely and effectively manage head lice are available from the Lancaster County extension office. You can also check out the "Head Lice Resources You Can Trust" Web site at <http://lanaster.unl.edu/pest/lice>. The site features researched-based information on head lice treatments and photos. You can also view the award winning video "Removing Head Lice Safely" online at your convenience.

Household Hazardous Waste Collections

These collections are for household only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

Saturday, Sept. 20, 9 a.m.–1 p.m.
Veyance Technologies (Goodyear) 4021 North 56 St., includes Usable Latex Paint Exchange

Friday, Oct. 17, 3–7 p.m.
Waverly County Shop, 11251 North 141 St.

Saturday, Oct. 18, 9 a.m.–1 p.m.
Lincoln Industries, 600 West E St.

Saturday, Nov. 15, 9 a.m.–1 p.m.
State Fair Park (4-H Youth Complex)

Some items you can bring for disposal: Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). Compact fluorescent light bulbs (CFL's) contain mercury and will be accepted. On Sept. 20 only, you may bring latex paint for the paint exchange.

Do not bring: asbestos, tires, batteries, used oil, antifreeze, medicines, fertilizers, explosives and ammunition.

Still unsure what you have will be acceptable? Call the Lincoln-Lancaster County Health Department at 441-8040.

Freezing Sandwiches

This is some of the information people will receive at the free workshop on “Freezing Meals for Future Use” on Sept. 11 (see below for details).



Alice Henneman, MS, RD
UNL Extension Educator

It’s often reported the word “sandwich” originated with John Montagu, 4th Earl of Sandwich. The Earl supposedly ate bits of meat between pieces of bread so he could continue to play cards while eating and not get his hands greasy from the meat.

Sandwiches continue to be a popular food today because of their versatility and convenience. Freezing sandwiches offers several additional benefits:

- Save money by making your own “fast food” sandwiches for a sack lunch or meal at home.
- Save time by making several sandwiches at once.
- Utilize “leftovers” or cook extra at a meal for use in tasty and different ways at future meals.
- Control the type of bread (such as choosing a whole grain bread), type of filling and spread (amount, salt, fat and so forth) by being in charge of the ingredients.
- Enjoy a wholesome, homemade sandwich as part of an inexpensive, quick meal!

Sandwich Ingredients That DO and DO NOT Freeze well

Some common sandwich fillings that **DO** freeze well include:

- Peanut butter and other nut butters
- Canned tuna and salmon
- Cooked roast beef, chicken and turkey (especially tasty when the meat is finely chopped and mixed with “salad dressing,” such as Miracle Whip, to add flavor and moistness)
- Natural or processed hard and semi-hard cheeses, such as Swiss, Cheddar. NOTE: As frozen cheese may crumble more after thawing, you may be more satisfied with the result if you grate it before freezing it in sandwiches.

Some common sandwich fillings that **DO NOT** freeze well include:

- Hard-cooked egg whites (freezing toughens them)
- Jelly or jam (soaks into bread and makes it soggy)
- Tomatoes, lettuce, pickles, onions, etc. become limp when thawed; they can be added to thawed sandwiches just before eating them.

IMPORTANT: “Salad dressings,” such as Miracle Whip, work better as a binder in sandwiches than mayonnaise. Mayonnaise tends to

separate on thawing. In comparison to mayonnaise, a Miracle Whip-type salad dressing tends to have a sweeter, tangier flavor, so experiment to see how you like the result before making a freezer full of sandwiches.

Basic steps in Assembling, Freezing and Thawing Sandwiches



The same basic steps may be followed for assembling most frozen sandwiches:

1. For sandwiches where the filling might soak into the bread, spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the “insides” of the sandwich. DO NOT use melted margarine or butter. NOTE: Bread that is at least a day-old may be slightly firmer and easier to spread.
2. Make your sandwiches “assembly line” fashion, completing one step for all sandwiches before moving on to the next step.
3. A quick way to freeze sandwiches is to:
 - a) Place them in self-sealing plastic sandwich bags, labeling the bag with the date and type of sandwich. Squish out as much air as possible before sealing them.
 - b) Lay them in a single layer in the freezer on a cookie sheet or other flat surface and freeze them for about **an hour** until they hold their shape. **Then place the sandwich bags in a larger freezer-quality bag, such as a gallon freezer bag.** Squish out extra air before sealing. The thin sandwich bags aren’t satisfactory for maintaining food quality during longer-term freezer storage.
4. Use frozen sandwiches within 1 to 3 months for best flavor and quality.
5. Thaw individual sandwiches in their sandwich bag or other wrapping in the refrigerator. Transfer them to the refrigerator the day before you plan to eat them.
6. To keep perishable sandwich foods like meats and cheeses cold, pack them in an insulated lunch bag or lunch box; include a small frozen gel pack. Or, if there’s a refrigerator available, store perishable items there upon arrival.
7. Add tomato, onion slices, lettuce, a squirt or dab of horseradish, pickles, etc. before eating them. A small container or snack-size plastic bag of these add-ons can be packed with a sack lunch.

Frozen Beef, Chicken or Turkey Sandwich

The same basic recipe may be used for all these frozen meat sandwiches. Make extra beef roast, chicken or turkey or use leftovers of these foods for frozen sandwiches. Use the leftovers within a day or two of preparing the original food. Then add your own toppings, such as lettuce; condiments, etc. just before eating the sandwiches. Variation: Add some grated cheese to your meat/poultry mixture.



Ingredients for EACH sandwich:

(may vary with bread size and personal preference)

- 1/4 to 1/3 cup finely chopped cooked roast beef, chicken or turkey**
- 2 to 3 teaspoons salad dressing, such as Miracle Whip**
- soft butter or margarine (do not use melted form), about 2 teaspoons**
- 2 slices bread**

Directions: Mix beef, chicken or turkey with Miracle Whip-type salad dressing. Spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the “insides” of the sandwich. Top one of each pair of bread slices with meat mixture; spread almost to the edges. Follow directions in previous section: “Basic steps in assembling and freezing sandwiches.”

Frozen Cheese Sandwich (for grilling)

This is a great recipe for using up odds and ends of different cheeses!

Ingredients for EACH sandwich:

(may vary with bread size and personal preference)

- 2 slices bread**
- 1/4 to 1/3 cup grated cheese (use natural or processed hard and semi-hard cheeses, such as Swiss, Cheddar, etc.)**
- For grilling later: soft butter/margarine (do not use melted form), about 2 teaspoons**

Directions: Top one of each pair of sandwich bread slices with grated cheese; spread almost to the edges. Follow directions in previous section: “Basic steps in assembling and freezing sandwiches.” These sandwiches may be grilled directly from the frozen state. Simply spread the **OUTSIDES** of the sandwiches with a thin coating of butter or margarine. Then grill in a double-sided grill (such as a George Foreman-type grill) until the cheese is melted and the outside of the sandwich is golden brown—about 4 to 5 minutes (check directions for your grill). Or, cook in a skillet on medium heat for 3 minutes per side or until cheese is melted and bread is golden brown.

Frozen Tuna or Salmon Salad Sandwiches

Use this basic recipe for your frozen tuna or salmon salad sandwiches. Then, just before serving the thawed sandwiches, pop in such additions as: tomato slices; pickle relish; lettuce; a slice of cheese; thin slice of your favorite onion; chopped red, green or yellow peppers or a few pepper rings; fresh basil leaves. NOTE: Check for water-packed versions of tuna or salmon prepared without added salt if you are limiting fat and/or sodium in your foods.

Ingredients for EACH sandwich:

(may vary with bread size and personal preference)

- 1/2 to 1/3 of a 6-ounce can of tuna or salmon, drained**
- 2 to 3 teaspoons salad dressing, such as Miracle Whip**
- Soft butter or margarine (do not use melted form), about 2 teaspoons**
- 2 slices bread**

Directions: Mix tuna or salmon with Miracle Whip-type salad dressing. Spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the “insides” of the sandwich. Top one of each pair of bread slices with tuna/salmon mixture; spread almost to the edges. Follow directions in previous section: “Basic steps in assembling and freezing sandwiches.”

Freezing Meals for Future Use Thursday, Sept. 11, 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East,
1600 S. 48th Street, Lincoln

**FREE
Program!**



How would you like to come home and have most of your meal already prepared? Or, perhaps, you’d like to avoid staying up late or getting up early to fix food for a special event? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will teach you how to freeze foods for future use. You’ll receive an extensive booklet giving specific freezing directions for common foods. Plus, you’ll receive several recipe ideas for make-ahead foods. No cost to attend.

Register by calling BryanLGH at 481-8886.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair

As I sit and write this, it is hard to believe summer is almost gone and fall is almost here. September 1st Labor Day, the founder remains unclear, but some of the credit to either



Peter McGuire Company founder of the American Federation of the holiday. Although Labor Day is meant as celebration of the labor movement and its achievements, it has



come to be celebration as the last, long summer weekend before Autumn.

My favorite saying is from Stanley Horowitz "Winter is an etching, Spring a water-color, Summer an oil painting and autumn a mosaic of them all.

FCE News & Events

Re-organizational Packets

Presidents of FCE clubs can pick up their packet to reorganize for 2009 after Aug. 22. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180. It is time to look forward and plan an exciting and educational year for FCE.

Council Meeting, Sept. 22

The next FCE Council meeting will be Monday, Sept. 22, 7 p.m. at the Lancaster Extension Education Center. The business meeting will follow the program. All FCE members are invited to attend.

Leader Training, Sept. 25

The FCE and community leader training lesson "Long Term Care: What Is It, Where Do You Pay For It!" will be Thursday, Sept. 25, 1 p.m. at the Lancaster Extension Education Center. Extension Educator Lorene Bartos will

present the lesson which will provide leaders with knowledge of care methods, cost of care, how services are financed, as well as who provides care to our nation's elderly and disabled adult citizens. If you are not an FCE member and would like to attend call Pam at 441-7180 so informational packets can be prepared.

Achievement Night, Oct. 27

The 2008 FCE Achievement Night will be held at the Lancaster Extension Education Center on Monday, Oct. 27, starting with dessert at 6:30 p.m. Everyone is asked to bring canned food or paper products for the annual FCE Food Bank Campaign. Gloria Hall of Palmyra will present a program "Gramma's Aprons." Clubs and members will be recognized for years of membership. If you plan to attend, please call the extension office at 441-7180 and leave your name at the front desk.



by Lorene Bartos, UNL Extension Educator

Clean oven and BBQ mitts according to what they are made of:

Cloth mitts are usually made from several layers of fabric and insulation material, quilted together and treated with a flame-retardant finish. This type of mitt should be machine-washed frequently in hot water.

Neoprene mitts are made from the same material as wetsuits. They're machine-washable and can also be put in the dishwasher.

Silicone mitts are made by an injection mold process, using food-grade silicone. The easiest way to clean them is to put them in the dishwasher.

Driver Safety Course, Sept. 23 & 24

The 55 ALIVE Driver Safety Program the nation's first and largest classroom driver refresher course designed for motorists age 50 and older. The 55 ALIVE course will be presented in Lincoln as two, four-hour sessions on Tuesday, Sept. 23 and Wednesday, Sept. 24 from 12:30 to 4:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. AARP certified instructor Dwaine Alcorn will teach the sessions. Cost is \$10 payable at the door. To register for the class call 441-7180.

The course is designed to help you:

- Understand the effects of aging on driving.
- Learn driving strategies that take into account the changes we experience as we age.
- Identify the most common crash situations we face and reduce the changes of having a crash.
- Update your knowledge and understanding of today's roads, vehicles and other road users.
- Think about how you drive and identify when driving may no longer be safe.

Parenting Athletes to be Good Sports

As parents of athletes, we love to watch our children play in games and push them to achieve success in every play of each game. We sit on the edge of our seats waiting for the next moment in time when our child goes into the game and the team works together like a well oiled machine. At the same time, it's hard for us to walk the fine line between being supportive and becoming over-involved. However, through example and conscious teaching, we can help our children to have a positive experience in their activities and to become a good sport.

Ten Tips for Teaching Your Children About Sportsmanship

- 1) **Expect and reinforce good sportsmanship with your child.** Point out and reward good sportsmanship. Have a plan for dealing with poor sportsmanship.
- 2) **Model sportsmanship. Discuss how you personally show sportsmanship.** Describe how you can show respect to the opponent by shaking their parent's hands after the event. Describe the good feelings you get from being a good sport yourself.
- 3) **Help your child remember to play.** Discuss both the competi-



- tive and fun parts of involvement. Discuss the fun that comes from doing their best, performing well and spending time with friends—regardless of the outcome of the event.
- 4) **Discuss the headlines.** When you watch TV or read the newspaper, point out actions related to sportsmanship. Ask your child what they think of competitors who "showboat" or about the cost to the team for a technical foul. Look for examples of positive behavior as well.
 - 5) **Read books together with a sportsmanship theme.** Particularly younger children, you can use this time to discuss examples of good sportsmanship and poor sportsmanship behaviors.

6) **Reflect.** Use the language of sportsmanship (respect, integrity, responsibility, fairness) with your child when discussing practice and games. Ask them to think about why they had a bad or good game and what role sportsmanship played.

7) **Emphasize teamwork in team events.**

Help your child to think "we" instead of "me."

8) **Make sure you and your child know the rules of the event.**

When you know the rules of competition, you can help your child to follow the rules as well.

9) **Emphasize good sportsmanship at home.** Games or contests at home are great family activities. Keep sports-

manship in-line during these activities. Watch for teachable moments when your family is engaged in competition.

10) **Emphasize good character in daily life.** The same behaviors that demonstrate good sportsmanship extend beyond the competitive arena. Promote respect, responsibility, trustworthiness, fairness, caring and citizenship in your daily lives.

Written by: Deb Weitzenkamp, UNL Extension Educator. Source: www.greatfansgreatsports.com

Great Fans. Great Sports.SM Sportsmanship Checklist

- ☐ I abide by the rules of the event.
- ☐ I try to avoid arguments.
- ☐ I share in the responsibilities of the team.
- ☐ I give everyone a chance to play according to the rules.
- ☐ I always play fair.
- ☐ I follow the directions of the coach/leader.
- ☐ I respect the other team's effort.
- ☐ I offer encouragement to my teammates.
- ☐ I accept the judgment calls of the officials or judges.
- ☐ I end the competition smoothly and graciously – win or lose.

Sportsmanship is the ability to:

- win without gloating (don't rub it in)
- lose without complaining (don't make excuses)
- treat your opponent, your teammates and the officials/judges with respect

FOR MORE INFORMATION

University of Nebraska–Lincoln Extension's Web site "Great Fans. Great Sports" at www.greatfansgreatsports.com has additional resources such as Action Plans, Educational Activities, Training Materials and more.

Controlling Winter Annual Grasses in Pastures

Tom Dorn
UNL Extension Educator

Winter annual grass weeds like Downy brome and Japanese brome can be a big problem in pastures. They reduce pasture quality and carrying capacity, and without extra care and management, the annual brome spots are guaranteed to get larger year by year. Cattle or horses will eat the palatable forages and leave the annual bromes, especially once the heads start to appear. This puts extra pressure on the desirable species while the annual bromes go to seed.

Warm-Season Pastures

In pastures dominated by warm-season grasses, (Big bluestem, Little bluestem, Indiangrass, Switchgrass, etc.) one control option is to spray one pint of glyphosate, like Roundup, per acre on the newly emerged winter annual grasses in mid- to late October after the warm-season grasses have gone **COMPLETELY** dormant and the weedy grasses have some top growth. Note: This treatment will also kill perennial cool-season grass species like Smooth brome and Kentucky bluegrass, so only use this treatment if you want to reduce or eliminate the cool-season grasses in



Downy brome



Japanese brome

emerges, they are essentially worthless as a forage. When the winter annuals start to head out, allow the animals to graze the entire paddock and begin mowing the weedy spots to prevent seed production. Mow the weedy area whenever the plants start to produce a head. You might need to mow a couple of times.

Be Diligent

The seed of these grasses can last several years in the soil, which means you should plan to continue your treatment regimen for several years. After preventing seed production for two years, consider inter-seeding the affected areas with a mixture of desirable grasses.

Practice Good Pasture Management

Be sure to graze the pasture properly to maintain the vigor and competitiveness of the desired grasses. A best management practice, no matter the size of the pasture, is to cross-fence the pasture creating two or more paddocks. Confining the animals to a smaller area results in better utilization of all species of plants. It also allows the most palatable species an equal chance to recover when the paddock is not being grazed.

your warm-season pasture along with the annual bromes. For best control, pick a day with temperatures in the 60's. Studies have shown the level of control achieved by glyphosate is directly related to the time of day it is applied. The brighter the sunshine, the better the control.

Cool-Season Pastures

Getting control of grassy weeds in cool-season grass pastures is trickier than in warm-season pastures. Since the cool-season grasses don't go dormant, you can't use glyphosate without killing most or all of the cool-season species in the sprayed area. Gramoxone is a

better herbicide choice in cool-season pastures because it only kills the plant tissue it comes in contact with. Spray Gramoxone in the spring when the weedy grasses are about to form seed heads. Since the weedy bromes are nearing the end of their life cycle, killing the top at this growth stage should keep them from producing seed. The top growth of the perennial grass species will be killed as well, but these species should regrow from the crowns in two to three weeks (about like regrowing following a controlled burn).

Non-Chemical Control

Downy brome and Japanese brome will be utilized

by grazing animals early in the spring. The annual bromes also make acceptable grass hay when cut early—before the seed-heads appear. Since the goal is to reduce the weedy brome invaders and increase the desirable species, it makes sense to get as much utilization from the weedy species as possible while letting the desirable species grow as long as possible. You likely will need to put up temporary electric fences to confine the animals. On small acreages consider staking your cow or horse to confine their grazing to the weedy brome spots.

The weedy bromes will become less palatable as they mature. Once the seedhead

Fall Is a Good Time to Control Problem Weeds

Tom Dorn
UNL Extension Educator

Fall is an excellent time to control several species of perennial weeds in pastures and waste areas. Perennial plants such as field bindweed, Canada thistle and leafy spurge translocate food from the upper plant parts into the root system in the fall. Herbicides applied at that time readily move into the roots as well, greatly improving the effectiveness of the herbicide. Even if the chemical doesn't completely kill the weed, the plant goes into winter in a weakened condition and is much more susceptible to winter kill. Fall treatments can be made anytime after mid-September but before hard freezes occur. Treatments can even be made after a light

frost has occurred as long as the plants are still active and growing. Daytime temperature in the 50's are satisfactory for effective control.

Fall is also the best time to control Musk thistle and related species. Musk thistle is a biennial, (sometimes a winter annual), that spreads by seeds. Young plants will have a rosette form (a round cluster of leaves that lies nearly flat on the soil). They overwinter in the rosette form and those with sufficient growth, then shoot up (bolt), form blossoms and go to seed in June, July and August. After producing seed, the plant dies. Fall is a good time to control Musk thistle because the newly germinated plants are small and more easily killed. As with the perennial plants, plants not killed outright, go into winter in a weakened condition and

are much more susceptible to winter kill.

In addition to obtaining excellent control on the target weeds, the potential for drift damage to non-target species is lessened in the fall. Most field crops and gardens are finished producing by this time, and the current year's growth on perennial shrubs and trees is hardened off making them less susceptible to damage as well.

FOR MORE INFORMATION

For recommendations on specific weeds in crops, pastures and non-crop areas, consult the UNL Extension "2008 Guide for Weed Management in Nebraska" (EC 130) available for \$5 when picked up at the extension office or consult the Web version at www.ianrpubs.unl.edu/epublic/live/ec130/build/ec130.pdf



Musk thistle flower



Thistle rosette

Choosing Small Grains for Early-Season Grazing in the Spring

Small grains commonly planted for use as forage are wheat, rye and triticale. Let's look at some of the characteristics of each crop to help you select the one that meets your needs .

Rye is your best choice for the earliest pasture possible. It also may be the best match for double cropping to another crop after the rye has been grazed out. Some varieties of rye provide quite a bit of fall growth, if planted early. Rye also may be the most reliable when planted under stressful conditions. But rye has some drawbacks. It turns stemmy and matures much earlier than wheat or triticale, losing feed value and palatability earlier in the spring. One caution is if the field is planted to wheat next year, there is a risk of volunteer rye contaminating the wheat crop.

Triticale holds on to its feed value into late spring. This makes it well suited for hay and silage, or for stretching grazing well into June if you don't mind starting the grazing season two or three weeks later than rye. Triticale also tends to be a bit more susceptible to winter injury than rye.

Winter wheat has been the small grain of choice for winter and spring grazing in the southern plains where higher winter temperatures allow some growth to continue all winter long. In Nebraska where wheat goes dormant, though, its carrying capacity is not as high as triticale or rye. But the forage value is top quality before stems develop. And it's the clear choice if you want the double use of pasturing early then letting it grow and produce grain.

There it is. Rye for early pasture, triticale for hay, silage and later grazing and wheat for forage plus grain. You may have other factors affecting your choice, but in general, these guidelines work well.

Source: Bruce Anderson, UNL Extension Forage Specialist

Aster Yellows on Purple Coneflower

Mary Jane Frogge
UNL Extension Associate

Do the flowers on your purple coneflower look weird? If yes, your coneflowers may be suffering from a common disease called aster yellows. Aster yellows causes chlorosis or yellowing of the plant, stunting, irregular growth and distortion of the flower head. This unusual growth is often mis-diagnosed as herbicide

damage. Aster yellows is a disease that is carried from plant to plant by insects and survives winter in infected plant material. To manage aster yellows, all infected plants should be removed from the garden and destroyed. There are no chemical treatments available for aster yellows. Since the disease can also survive in neighboring weeds, it is important to maintain good weed control in and around your garden.



Coneflowers



Coneflower with yellow asters.

Trees Reverting

Among the “What’s wrong with my tree?” calls, some of the most interesting deal with a phenomenon called reversion. When a conifer or hardwood tree with an unusual ornamental characteristic begins to send out shoots with normal foliage or growth for the species, the new growth is said to have reverted. How does a reversion take place? Many ornamental cultivars begin when an alert plantsperson notices a tree or part of a tree with a unique growth characteristic, like unusual leaf color or weeping growth habit. These atypical plants or shoots arise through genetic mutation. Buds or cuttings from the plants are then grafted onto standard trees and, if they remain true to form and have horticultural merit, they ultimately make their way into the nursery trade. Just as the original genetic mutation occurred to produce the unique character, occasionally a reverse mutation occurs and portions



Photos by Bert Cregg, Michigan State University



Harlequin maple frequently reverts from white-edged foliage back to normal Norway maple coloration.

of the plant ‘revert’ back the species’ normal growth. Some of the more common examples of reversions occur in dwarf spruces and variegated plants such as Harlequin maple. In the case of dwarf spruces, homeowners will often report “a tree growing out of my tree.” When a reversion occurs, it is time to follow the advice of the wise TV sage, Barney Fife, and “Nip it, nip it in the bud!”



Dwarf Alberta spruce occasionally revert to normal white spruce.

Examine the tree and determine where the reversion originated and prune off the reverted shoots. Often reverted shoots grow more vigorously than the rest of the tree. If left unpruned, reversions will dominate the tree and the homeowner who paid extra for a dwarf Alberta spruce or variegated maple is eventually left with a plain old white spruce or Norway maple. Source: Bert Cregg, Michigan State University

2008 Great Plants

The Great Plants program is a joint effort of the Nebraska Nursery & Landscape Association and the Nebraska Statewide Arboretum that selects and promotes exceptional plants. These plants are reliably hardy, easy to care for and ornamental.

2008 Tree

Ostrya virginiana, American Hophornbeam. A graceful, medium-sized native tree with horizontal branches forming an interesting zig-zag pattern. Hops-like fruits in summer; heart-shaped leaves are soft to the touch and change to a mild yellow in the fall. It is slow-growing until established and resists ice, snow, insects and disease. It occurs naturally as an under story tree along the Missouri river bluffs and up into the Niobrara river valley and grows best in part shade away from hot, windswept areas and salted winter roads but can also be grown in full sun. Grows 30 to 40 feet high and 20 to 25 feet wide.



American Hophornbeam

2008 Shrub

Euonymus atropurpurea, Eastern Wahoo. This native shrub is also referred to as a burning bush with its orange/red fall color and attractive rosy-pink fruit capsules that persist into winter. But do not confuse this plant with the common winged euonymus,



Eastern Wahoo

Euonymus alatus. The Wahoo is very shade tolerant, yet it grows well and becomes an attractive dense specimen in full sun. It is pH adaptable and drought-tolerant. Can be grown in clump form or pruned up to form an attractive 8 - 12 foot small tree.

Source: Nebraska Statewide Arboretum

Control Winter Annual Weeds Now

Annual broadleaf weeds such as chickweed, henbit and shepherd’s-purse are winter annuals that germinate in the fall. If you had these weeds in your yard or garden this spring, the seeds will germinate soon. The appropriate pre-emergence herbicide should be applied early to mid-September for control of these weeds. — Mary Jane Frogge, UNL Extension Associate



Garden Guide THINGS TO DO THIS MONTH By Mary Jane Frogge, UNL Extension Associate

Fall is a good time for improving your garden soil. Add manure, compost and leaves to increase the organic matter content.

Root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year=s garden.

Pears should be picked at the hard ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Do not wait for frost warnings to move your plants indoors. Temperatures of 45 degrees F or lower can damage many tropical house plants.

Pot up chives, parsley and other herbs to extend the growing season in the house.

Collect okra seed pods, gourds, sumac seed heads, rose hips and other suitable materials for dried arrangements. Air dry these materials in a dark, cool location.

Before the first frost, dig up caladiums. Allow them to dry and store them in a dry place for the winter.

Perennial phlox can be divided about every third or fourth year. Divide big clumps of perennial phlox into thirds. Early fall or early spring are the best times to plant or transplant them.

Divide lily of the valley.

Select accent plants for your landscape that will provide autumn colors. Trees with red fall color are flowering dogwood, red maple, sugar maple, Norway maple, red oak and scarlet oak. Shrubs with red fall foliage include sumac, viburnum, winged euonymus and barberry.

Allow plants to finish the summer growth cycle in a normal manner. Never encourage growth with heavy applications of fertilizer or excessive pruning at this time. Plants will delay their dormancy process that has already begun in anticipation of winter in the months ahead. New growth can be injured by an early freeze.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

If pesky seedlings of woody plants, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left too long, they will take over gardens and other landscape plantings.

Rake up leaves, twigs and fruit from crabapple trees and dispose of them in the trash to help control apple scab disease.

Water newly planted trees and shrubs to provide sufficient moisture and prevent winter damage. Add a two-inch layer of organic mulch such as shredded bark, around the base of plants to retain soil moisture and regulate soil temperature.

Wood ashes contain phosphorous, potassium and calcium. It can be placed on vegetable gardens and flower beds.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.



September

Harry Muhlbach

Lancaster County 4-H is proud to announce Harry Muhlbach as winner of September's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Harry joined 4-H 50 years ago and has volunteered with 4-H for more than 40 years. He started volunteering in Buffalo County and has been a Lancaster County 4-H volunteer for 27 years. He is currently swine project leader with the Rock Creek Ranchers 4-H club and 4-H Swine Superintendent at the Lancaster County Fair.

Harry says, "I like being a 4-H volunteer because it's a very good organization to help kids build a good background for their future in society. They learn what can be done if they want it. My favorite experience was at the county fair, watching the next generation of family members start to show animals."

His eight children and some of his step-children are 4-H alumni. Two of Harry's grandchildren are members of the Rock Creek Ranchers. In addition to volunteering for 4-H, Harry works with the Raymond Volunteer Department.

Congratulations to Harry. Volunteers like him are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu> or at the extension office. Nominations of co-volunteers welcome.



4-H Leader Update, Oct. 2

Leaders, parents and interested volunteers are encouraged to attend a 4-H Leader Update on Thursday, Oct. 2 at 9:30 a.m. or 7 p.m. Discover all the opportunities available for your 4-H members and prepare for the next 4-H year. Awards, project completion/selection, club reorganization, the Diamond Clover Program and Career Portfolio will be covered. Bring your questions and ideas! You must RSVP by calling 441-7180 by Sept. 30.

2010 4-H Washington Group Forming

Any Lancaster County youth age 14-18 can join 4-H Citizenship Washington Focus (CWF), a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. in June 2010. CWF delegates learn about the democratic process and their role as citizens. We will also take a few more days to discover the wonders of New York City. Youth who sign up now are able to start earning funds through organized fund-raising. A \$100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

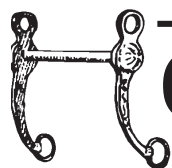
4-H Teen Council Invites New Members!



The Lancaster 4-H Teen Council is a leadership organization for youth in grades 7-12. Meetings are held the second Sunday of each month at 3 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

4-H Teen Council members:

- participate in several community service activities
 - organize the Ice Cream Social and Cookie Eating Contest at the Lancaster County Fair
 - plan, set up and facilitate the annual 4th & 5th grade Lock-In
 - are involved in other leadership activities
- Call Tracy Kulm at 441-7180 for more information or to join!



HORSE BITS

Horse Level Testing, Sept. 27

Attention all Lancaster County 4-H horse riders: all riding skills level tests must be done in group testings! All testing will be held at the Lancaster County Event Center (Pavilion 2 - Warm-up Arena). Last 2008 date is Saturday, Sept. 27 at 9 a.m.

Please RSVP at least one week in advance of the test date to Marty at mcruckshank2@unl.edu or 441-7180.

Horse Awards Night, Oct 7

The annual Lancaster County 4-H Horse Awards Night will be Tuesday, Oct. 7, 7 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, Horse Course Challenge, All-Around Awards, Herdsmanship, Top County Fair Judging buckles and ribbons, and a few surprise awards!

The evening includes a pot luck dinner. Please bring a meat dish and either a salad or dessert and your own table service. Drinks will be provided. Come help celebrate the outstanding accomplishments of the 2008 Lancaster County 4-H Horsemen!

District Horse Show Addition

The August NEBLINE listed Lancaster County 4-H purple ribbon winners and top awards in the District Horse Shows. The following 4-H'er should have been included:

Brooke Preston
Western Horsemanship 15 & Up *Champion Trophy*
Western Pleasure 15 & Up *Medal Winner*

State Horse Expo Results



Chelsea Beach earned Reserve Champion in Junior Western Horsemanship. Alex Scheideler earned Reserve Champion in Trail and Western Riding

The 2008 Fonner Park State 4-H Horse Exposition was held July 13-17 at Grand Island. Below are the top Lancaster County 4-H placings. Complete results are online at <http://4h.unl.edu/horshow>

RESERVE CHAMPION

Chelsea Beach, Western Horsemanship 12-14
Josh Krueger, Break-A-Way Roping
Alex Scheideler, Trail and Western Riding
Hannah Scow, 3 yr Old Geldings

PURPLE RIBBON WINNERS

Junior Hippology Team (Elizabeth Boender, Cory Peters & Elizabeth Frobish)
Chelsea Beach, Pole Bending 12-14
Lisa Bradbury, 4 & 5 yr old geldings and Western Horsemanship 15 & Up
Sam Cajka, Reining 15 & Up
Dustin Ehrlich, Pole Bending 15 & Up
Ethan Essink, Pole Bending 15 & Up
Courtney Goering, Showmanship 12-14
Danielle Hardesty, Showmanship 15 & Up
Abbie Heusinger, English Pleasure 12-14 and Western Horsemanship 12-14
Alyssa Heusinger, Showmanship 15 & Up
Josh Krueger, Barrel Racing 12-14
Lyndsy Larson, Pole Bending 15 & Up
Ben Leach, Western Horsemanship 15 & Up
Madison Lee, Pole Bending 15 & Up and Barrel Racing 15 & Up
Blake Preston, Western Pleasure 15 & Up and Western Horsemanship 15 & Up
Brooke Preston, Showmanship 15 & Up and Western Horsemanship 15 & Up
Alex Scheideler, Advanced Western Horsemanship
Hannah Scow, Showmanship 15 & Up and Western Horsemanship 15 & Up



2008
LANCASTER COUNTY FAIR
Lancaster County Fair 4-H results and photos
are on the web at <http://lancaster.unl.edu>

4-H Static Exhibit Top Awards

GENERAL

Poster: Jaime Stephenson
Banner: All American Kids
Quilt: Faith Lamb

PHOTOGRAPHY

Photography Unit 1: Austin Lowell
Photography Unit 2: Cassie Gabel
Photography Unit 3: Grace Farley
Photography Enlargement: Cassie Gabel
Photography Best Nebraska Theme: Grace Farley

HOME ENVIRONMENT

Home Environment: Jasi Maahs, Carlie Reineke and Rebecca DeNell
Child Development: Rachel Hanigan

CLOTHING

Crochet: Helen Dowd
Knitting: Bethany Hage
Clothing Level 1: Caleb Nielsen
Clothing Level 2: Jaime Stephenson
Advanced Level: Jessica Stephenson
Decorate Your Duds: Bailey Gardner

FOOD AND NUTRITION

Cakes and Pies: Jess Smith
Food Preservation: Christina Mayer
Cookies/Bars: Ashtyn Cooper
Yeast Bread: Michelle Fry

ENGINEERING AND TECHNOLOGY

Rocket: Dan Casburn
Woodworking: Andrew Casburn
Safety: Caitlin Davis

CONSERVATION & OUTDOOR EDUCATION

Forestry: Grace Farley
Conservation and Wildlife: Koral Gunerson

**Presentation
Contest
Top Winners**

The 2008 4-H Presentation Contest was held on July 19 at the Lancaster Extension Education Center. Part of the Lancaster County Fair, the contest provides 4-H'ers the opportunity to learn to express themselves clearly and convincingly, organize their ideas and present them in logical order, research subjects, have confidence in themselves and emphasize the major points through the use of visuals or examples. Top winners were: Premier Presenter – Erika Warner; Junior Top Presenter – Jaime Stephenson; Senior Top Presenter – Jessica Stephenson. Congratulations to all who participated!



Presentation Contest Top Winners

**Ak-Sar-Ben 4-H Youth
Expo, Sept. 23–28**

The 81st Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 23–28 at the Qwest Center in Omaha. More than 2,000 4-H families from an eight-state area participate in the Expo. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, horse, market beef, market broilers, meat goats, market lamb, market swine and breeding swine. For more information, go to <http://aksarben.org/4-H>

Schedule of Events

TUESDAY, SEPT. 23

Horse Western & Speed Events: 8:30 a.m.

WEDNESDAY, SEPT. 24

Horse English Events: 8:30 a.m.

THURSDAY, SEPT. 25

Breeding Gilt Show: 6 p.m.
Ak-Sar-Ben Rodeo: 7 p.m.

FRIDAY SEPT. 26

Dairy Show: 7:30 a.m.
1st Round Fitting Contest: 11 a.m.
Feeder Calf: 1:30 p.m.
Meat Goat: 3 p.m.
Ak-Sar-Ben Rodeo: 7 p.m.

SATURDAY SEPT. 27

Market Lamb: 7:30 a.m.
Market Beef: 7:30 a.m.
Final Round Fitting Contest: Following Market Beef Show
Market Broilers: 2 p.m.
Market Swine Showmanship: 7 p.m.

SUNDAY SEPT. 27

Market Swine: 7:30 a.m.
Breeding Beef: 7:30 a.m.
Purple Ribbon Auction: 6 p.m.

**4-H Thanks
Sponsors**

Lancaster County 4-H would like to thank all of the businesses, organizations and individuals that sponsored 4-H events, activities, programs and trophies throughout the past year. This support enhances the educational experience of the 4-H youth.

4N Angus
4-H Teen Council
4-H Council
Ace Hardware
Ace Rent-to-Own
Affinity Snacks
Ameritas
Anderson Equine Services
Anderson Ford Mazda
Anonymous
Applebee's
Apollo Pest Control
Adventure Golf
Deb Arends Interiors, Inc.
Chet Axthelm Memorial Cup
B & S Enterprises
Bagels and Joes
In memory of Barclay Bayley
Jim & Cindy Bauman
Gary C. Bergman
Bluestem Valley Farms
Brazau Angus Ranch
Brooke Bennet Family
Brinson Family
Bruss Family
Carlos O'Kelly's
Chapelle Polled Herefords
Dave & Kim Cheney Family
Warren Cheney Family
Chipolte
Harold and Julie Christiansen
Circle D Ranch
Clear Water Pools
Complete Music
Coffman Family
Condon Family
The Cookie Company
Conroy Family
Containment Contracting Services

Country Riders
CountrySide Cooperative
Crawford Family Shorthorns
Cruikshank Family, in memory of Earl
Dearmont Family
Ted DeHass & Sons
DeNell Family
Don Dierberger Family
DJTJ Angus
Dilley Family
Alice Doane
Ted Doane Hampshires
Dorchester Farmer's Coop
Dowding Shorthorns
Dresser Family
Duncan Aviation
Duran Family
East Campus Starrs
Larry & Lois Essink
Express Stop
Farm Credit Services of America
Farmers Bank
Farmers Cooperative Co.
Farmers Cooperative Co. Martell Branch - Jim Bauman
Farmland
Finish Line Car Wash
Finkner Family
Fitch Trucking, Inc
Flying Hoofs 4-H Club
Four Winds Farm
Julia French Show Cattle
David, Shari and Miranda Fricke
Gagner Construction
Melvin & Linda Gagner
Gana/Nisley Show Cattle
Gifford Farms
James Gleason
Blayne Glissman Family
Laverne Grage Family
Rob & Shari Green
Gunnerson Family
Haes Contracting
Hammond Family
Hancock Fabrics
Richard and Linda Hanigan and Family
Hauschild Feeds
Heather Family
Heidtbrink Feeds
Irene Heidtbrink Memorial
Heusinger Family
HobbyTown USA

Greg Hollaway
Rod Hollman
Holthus Family
Wayne, Joyce, & Eric Houser
Larry & Senator Carol Hudkins
Hurt Family
Hutchins Family
Hy-Vee
IHOP
In Support of Sustainable Agriculture
JEO Consulting Group
David and Tina Johnson/LAN-OTOE Farm
Deanna & Steve Karmazin Family
Julie and Bill Keech
Kent Feeds
Keys Family
KvVet Supply
Lahners Family
LaKaBrTyDe Farms
Lancaster County Agricultural Society, Inc. (Fair Board)
Lancaster County Booster Club
Lancaster Event Center
Lancaster County Farm Bureau
Theresa Larson, DC
Mr & Mrs Mike Lessman
Liberty First Bank
Lincoln Equestrian Center
Lincoln Women's Chamber of Commerce
Longhorn Saloon
Kent E Lovelace, D.D.S.
Glenda Mach
Greg & Ruth Luedtke
McDonald's
Ken Majors
Millard Lumber
Mirage Arabians
John and Nancy Moser and family
Mueller Farms
HL Muhlbach Construction
Clyde & Helen Naber
Nebraska Beef Council
Nebraska Corn & Soybean Boards
Nebraska Dairy Council
Nebraska Tire & Energy
Abbey & Cortney Neemann
Ian Neemann
R & J Nelson Cattle
Steven & Stephanie Nelson
Noodles & Company
Norris FFA Alumni

NU Vibe
Oak Creek Plants & Flowers
Old Chicago
O'Reilly Auto Store
Orschelans
Gary & Diane Ossenkop
Duane Parrish Family
Parrott & Walbrecht Cattle
Larry Pershing
PetCo
Pfizer Global Manufacturing
Prairieland Dairy
Tim Powers Memorial
Faith & Jake Praitt
Rainbow Ends - Glenda Mach
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Randolph Car Wash
Randy's Donuts
Rick, Tammy, Nick and Andra Rasby
Raymond Central FFA Alumni
Reed Family
Roberts Dairy
Rock Creek Ranchers 4-H Club
Pat and Larry Ruth
Saline State Insurance Agency/
Dan James Agent
Salt Creek Wranglers
Salt Valley Equestrian
Salt Valley Grange #413
Sam's Club
Scheels
Scheideler Family
Schoettger Orthodontics
Calvin and Rochelle Schrock and family
Shepherd of the Hills Church
Shimmering Shamrocks 4-H Club (in memory of Joyce Vahle)
Shooting Sports 4-H Club
Allen & Charlene Sieck
Silver Spurs
Ron & Donna Snover
Southeast Community College
Welding Department
SouthPointe Pavilion
South Prairie Wranglers 4-H Club
State Farm Insurance- Gail Breed
Ken and Sherry Steele
Stitches Inc
Still Waters Ranch
Ron and Barb Suing
Super Saver
Texas Roadhouse

Thunderstruck Trail Riders
- Deb Leuty
Tier One
Tractor Supply Company
Triple H Rabbitry
Triple RRR Farms
In memory of Glenn Umberger
Union Bank and Trust
United Way of Lincoln
Valentino's
Michael Vaughn Family
Viken Acres
Vo-Acres Dairy
Voice News
Wahoo Locker Plant
Wal-Mart
Waverly FFA
Waverly Grange #369
Welp Hatchery
Wendys
Westfield Gateway
Wether-Ewe Farm - Doug & Cheryl Johnson
Charles Wiechert
Annette W. Wiechert
Wilkinson Sheep Farm
Williamson Honda
Windstream Communications
Dwayne & Joan Wittstruck
Wolf Family
Wolfe Family
Women's Clinic of Lincoln
Zesto Ice Cream
Amy Zoller

We apologize for any inaccuracies. If you notice any corrections, please call us and we will include the information in next month's Nebline.



**Thank You to
Volunteers**

University of Nebraska–Lincoln Extension in Lancaster County would thank all of the people who donate their time and talents to help enrich the lives of the youth in the Lancaster County 4-H youth development program.

September is National Preparedness Month

The summer storms highlight the importance of being prepared for an emergency. The Department of Homeland Security asks individuals to do three key things during National Preparedness Month. 1) Get an emergency supply kit; 2) Make a family emergency plan; and 3) Be informed about the different types of emergencies that could occur and their appropriate responses.

National Preparedness Month is a nationwide effort to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools.

A national survey conducted by The Ad Council in August 2007 found that 54% of households have an emergency kit and 37% have created a family emergency plan. Keep your family safe by implementing these suggestions.

Get a Kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended items to include in a basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps



Additional items to consider adding to an emergency supply kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels

- Paper and pencil
- Books, games, puzzles or other activities for children

Make a Plan

- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position

to communicate among separated family members.

- Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.
- You may have trouble getting through, or the telephone system may be down altogether—be patient.

Emergency information: Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call or emergency workers may go door-to-door.

Emergency plans: You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Be Informed

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and

developing a family communications plan, are the same for both a natural or man-made emergency.

However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

In addition, learn about the emergency plans that have been established in your area by your state and local government.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as “Tornado Alley.” For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Individuals can visit www.ready.gov or call 1–800–BE–READY for information about emergency preparedness.

Get Involved


Get involved in preparing your community. Citizen Corps, Homeland Security’s grassroots effort, provides opportunities for citizens to get emergency response training; participate in community exercises; and volunteer to support local first responders. To learn more and to get involved contact www.citizencorps.gov or contact Volunteer Partners at 435-2100 or director@volunteerpartners.org

FOR MORE INFORMATION

Go to the national Extension Disaster Education Network (EDEN) on the Web at www.eden.lsu.edu/npm — topic-specific resources include:

- Children and Youth
- Multi-cultural
- Resources and Collaborators
- Business Preparedness

Enter Disaster Preparedness Challenge to Win Prizes!
Get Points for Activities Done in September



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3. Only one scorecard per individual, family, classroom or workgroup.

Prizes will include:

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5. Tear or cut your scorecard on the dotted line and mail to the address below. All scorecards must be postmarked or delivered by September 30, 2008 to be eligible for prize drawings. Mail to:

Lancaster County Extension
Attn: Lorene Bartos
444 Cherrycreek Road, Suite A
Lincoln, NE 68528-1507




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3. Check batteries in your smoke detectors or install a smoke detector or carbon monoxide detector.	
4. Complete the disaster preparedness survey online at www.nema.ne.gov (click on “Are You Ready” button)	





Eligibility Information:

1. You must live, work or attend school in Lancaster County, Nebraska to participate and be eligible for prizes.
2. Individuals, families, classrooms, or workgroups are eligible to participate.
3. Only one scorecard per individual, family, classroom or workgroup.

Prizes will include:

- Weather Radio with batteries
- Carbon Monoxide Detector with batteries
- Smoke Detector with batteries
- Drop Ladder (for fire escape from 2nd floor)
- Assembled Disaster Preparedness Kit
- First Aid Kits
- Fire Extinguisher
- Car Disaster Preparedness Kit

Prize winners will be notified by mail or phone. Grand prize winners will be announced in October 2008. Details will be provided to grand prize winners. Individuals need not be present to win.

Please keep this portion of the scorecard for information on prize drawing.



Directions:

1. Give yourself one point for each completed activity.
2. Total your points at the end of each week. (4 point maximum per week).
3. On September 28, 2008 add

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

August

Aug. 22–Sept. 1 **NEBRASKA STATE FAIR**, *State Fair Park, Lincoln*

September

- 2 **4-H Council Meeting**7 p.m.
11 **Parents Forever/Kids Talk About Divorce** 5:30–9:30 p.m.
11 **Freezing Meals for Future Use Workshop**, *Plaza Conference Center, BryanLGH Medical Center East, 1600 S. 48th St., Lincoln* . 7–8:30 p.m.
12 **Extension Board Meeting**8 a.m.
14 **4-H Teen Council Meeting**3 p.m.
22 **Family & Community Education (FCE) Council Meeting**7 p.m.
23 **Guardian/Conservator Training**..... 1:30–4:30 p.m.
23 **55 ALIVE Driver Safety Course** 12:30–4:30 p.m.
24 **55 ALIVE Driver Safety Course** 12:30–4:30 p.m.
25 **Family & Community Education (FCE) & Community Leader Training Lesson: “What Is It, Where Do You Get It and How Do You Pay for It?”**1 p.m.

25–28 **Ak-Sar-Ben 4-H Livestock Exposition**, *Qwest Center, Omaha*

- 27 **4-H Horse Level Testing**, *Lancaster Event Center Pavilion 2 - Warm-up Arena*.....9 a.m.
27 **Composting Demonstration**, *Pioneers Park Nature Center’s Backyard Composting Demonstration Area*10 a.m.–Noon

Make It With Wool Contest, Deadline Sept. 27

This contest offers both youth and adults the opportunity to promote the beauty and versatility of wool fabric and yarn. Personal creations in sewing, knitting, crocheting, spinning and weaving of wool fabric, yarn is encouraged. Categories and ages for this contest are: Preteen, 12 & under; Junior, 13–16; Senior, 17–24; Adult, 25 & over; Made for Other (any age). The District III contest will be held at the UNL East Campus Home Economics Building in Lincoln (note: location listed in August NEBLINE was incorrect) on Saturday, Oct. 11, with registration beginning at 8:30 a.m. Entry deadline is Sept. 27. You may enter any district contest. For more information, call Tracy at 441-7180.

4-H Foundation Trail Ride, Oct. 10–12

The 10th annual 4-H Foundation Charity Trail Ride will be held Oct. 10–12. Savor the outdoors riding trails in the Nebraska National Forest near Halsey. Enjoy meals, activities and entertainment at the Nebraska State 4-H Camp. Details are online at <http://4h.unl.edu/foundation/trailride.htm>

STRENGTHENING FAMILY TREASURES

Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Oct. 10, 5 p.m. to Saturday, Oct. 11, 5 p.m.



This camp is 2 days and 1 night of fun, educational and confidence-building activities. As the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Eastern 4-H Center near Gretna. Fee is \$125 per pair. Presented by UNL Extension. For more information or a registration form, go to <http://lancaster.unl.edu/family/guf.shtml> or call Extension Educator Maureen Burson at 441-7180.

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EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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4-H's Showcase Projects at Lancaster County Fair

The 2008 Lancaster County Fair was held Aug. 6–10 at the Lancaster Event Center. Total attendance was estimated at approximately 73,700—a seven percent increase from last year. A total 4,467 4-H/FFA exhibits were showcased (includes static exhibits, Clover Kids exhibits, animals and contest entries).

Extension Associate Deanna Karmazin said, “It was inspiring to see that our largest classes of livestock were shown by Junior members (8 to 10 years old). This indicates our 4-H livestock program is in a growing trend.”

This past year, the Lancaster Event Center’s Phase II Expansion plan has been underway. A new Pavilion 3 with large arena was completed in time for the county fair Open Class and 4-H Dressage horse shows to be held there, as well as the 4-H Roping/Working Ranch horse show. Construction continues on a building enclosing the Amy Countryman Arena.

“Pavilion 3 is wonderful,” said Extension Associate Marty Cruickshank. “It is large with high ceilings and great ventilation which makes it light and airy. The Event Center brought in Bob Keiser of Keiser Arena Specialists who designs arenas all over the country. He spent days working with staff and finding the right dirt. The Event Center also purchased a Kaiser laser level arena tool, so the footing in the arena is incredible, making it a pleasure to show in.”

Complete 4-H ribbon results, many more photographs and some videos are online at <http://lancaster.unl.edu>



4-H'ers showcased their market lambs to the judge and the public. This year's largest livestock classes were the junior divisions (youth ages 8–10).



In Interview Judging, 4-H'ers had the opportunity to talk with a judge about their static exhibits, what they learned and how to improve skills.



The 4-H Horse Dressage Show was held in the new Pavilion 3 large arena.



The 4-H Dog Agility show utilized new equipment purchased with a recent 2008 Governor's Agricultural Excellence Award.



Lancaster 4-H partnered with many afterschool summer sites to provide a county fair-related curriculum with hands-on activities which could be done before the fair. The groups were then invited to tour the county fair.

Photos by Vicki Jedlicka, UNL Extension in Lancaster County

Can You Guess It?



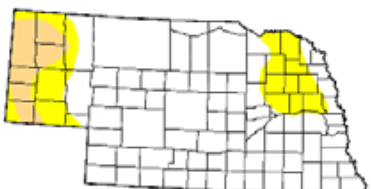
Did you guess it? Find out at <http://lancaster.unl.edu>

Did you guess it from the July NEBLINE?
The answer was Eastern Cottontail Rabbit

U.S. Drought Monitor Map

As of August 12, Lancaster County was not in drought conditions.

Drought Conditions (Percent Area)							
	Total	00-04	01-04	02-04	03-04	04	
Current	78.3	21.7	7.1	0.0	0.0	0.0	
Last Week (08/05/2008 map)	51.6	48.4	11.9	0.0	0.0	0.0	
3 Months Ago (05/20/2008 map)	65.4	34.6	15.0	7.8	0.0	0.0	
Start of Calendar Year (01/01/2008 map)	66.7	33.3	15.9	7.8	1.7	0.0	
Start of Water Year (10/01/2007 map)	70.9	29.1	13.6	7.0	1.7	0.0	
One Year Ago (08/14/2007 map)	61.3	38.7	17.3	9.5	3.1	0.0	



Intensity:
00 Abnormally Dry
01 Drought - Moderate
02 Drought - Severe
03 Drought - Extreme
04 Drought - Exceptional

For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska - Lincoln

University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18

Nebraska
Lincoln EXTENSION

Learn
about 4-H!

N
IANR

4-H Kick Off

Thursday, Oct. 9

Q & A!

6 p.m.

Prizes!

Lancaster Extension Education Center
444 Cherrycreek Road, Lincoln

Come Find Out How to Join 4-H!

- ◆ Help form a new 4-H club
- ◆ Be an independent member
- ◆ Join an existing 4-H club (limited availability)
- ◆ Participate in 4-H activities such as camps



4-H'ers will share
completed projects!

4-H is a learn-by-doing program with more than 150 projects from which to choose. Youth learn practical skills and develop life skills!

441-7180 • lancaster.unl.edu/4h

